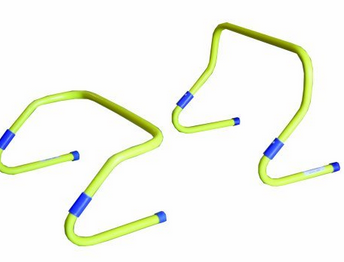
*Class 1:*   
Start out with cardio exercise: 20 minutes  
o   10 minutes on bikes  
  
o   10 minutes on treadmill  
  
  
2 minute break  
  
  
10 minutes on weight machines: legs, arms, and abs  
**Legs:**  
- Leg press 3 reps of 15- 1 minute (may vary based on weights)  
- Prone leg curl – 3 reps of 15- about 2 minutes  
**Arms:**  
- Lat pull down – 3 reps of 15- about 2 minutes  
- Vertical chest – 3 reps of 15- about 2 minutes  
  
Gravitron:  
-    Dip- 5 reps of 15- 2 minute  
-       Chin up- 5 reps of 15- 2 minute



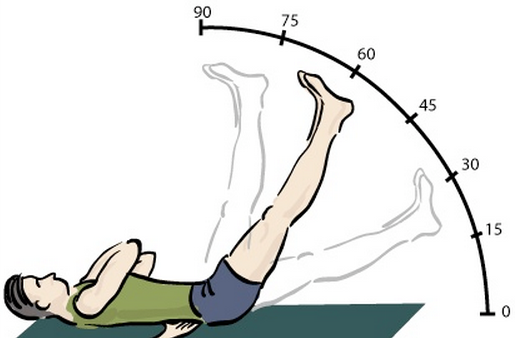
Relaxing time:   
2 minutes of relaxing and stretching   
  
Last 7 minutes:   
Elliptical- 7 minutes:

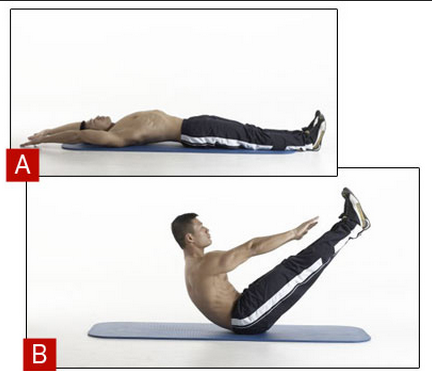


*Class 2*:  
  
First 20 minutes-   
Treadmill- 10 minutes   
Elliptical- 10 minutes   
  
**Cardio-** 16 minutes   
Squats - **1 minute**   
- Spread your feet out to a comfortable length (preferably to align with your shoulders), then go up and down slowly.   
**Wall Sits- 1 minute:**  
- Find a wall and lean against it, pretend you are sitting in a chair.   
Push ups - **1 minute**   
-Lie down on the ground, spread your hand out to align with your shoulders, then go up and down. (try to keep you back straight).  
Hurdles/ladder-**3 minutes**



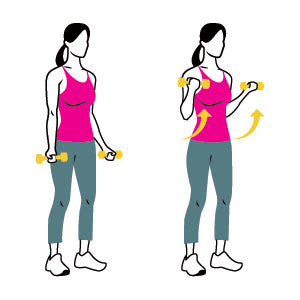
Leg lift-**1 minute**

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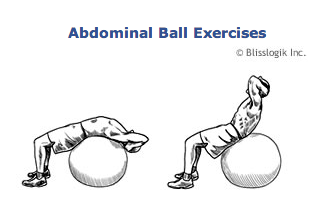
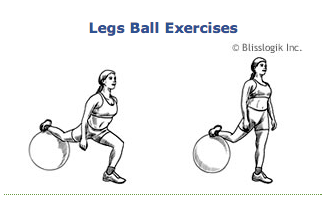
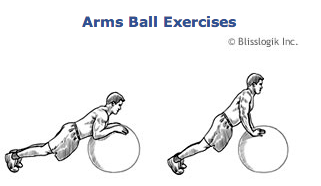
v-up- **1 minute**   
  
Medicine ball-**2 minute**   
- Take a medicine ball (that's comfortable for you), find a wall and through the ball against the wall. (1 minute)  
- Do sit ups with the ball in your hands, always keep the ball above your head.

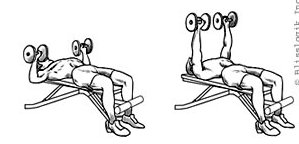
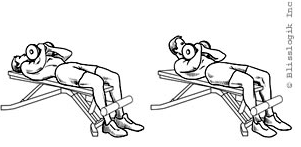
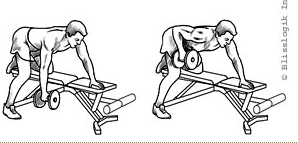
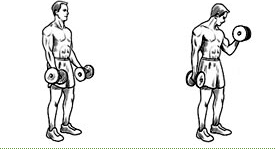
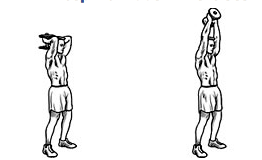
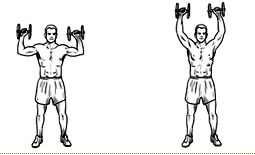


**Jump Rope** - 1 minute   
- Take the rope and jump through it.   
  
**Kettlebells-**   
3 reps of 15 - 2 minutes   
- Release one hand and continue the upswing until the kettlebell reaches the level of your breastbone. (Then Switch)  
  
Crunch- **1 minute**  
Lie down face up on the floor and bend your knees, Lift your upper body towards your knees.   
  
  
Weights:   
Bicep Curl- **1 minute**   
Take a weight comfortable for you and lift it up and down, keeping your arms straight.



Platform Depth Jump: **1 minute**  
You will need a box and a platform   
Start on the edge of the box, jump of and land on the ground, then as quickly as possible jump onto the platform   
  
Relaxe time:  
  
4 minutes of cardio:  
Your pick - treadmill, bike, elliptical.

**Class 3:**  
  
20 minutes cardio   
Treadmill- 10 minutes   
Elliptical- 10 minutes   
  
  
7 minutes- Stretching:  
do 5 push ups   
do 10 crunches   
do 15 squats   
**2 minutes**- Lunges (do each leg)  
Leg curls- **1 minute** (repeat squats with weights)  
Sit Ups- **2 minutes**   
  
4 minutes: Yoga ball exercises:  
Chest ball exercises: **1 minute**   
Abdominal ball exercises:**1 minute**   
  
Leg Ball Exercises: **1 minute**   
Arm Ball Exercises: **1 minute**   
  
4 minutes of relaxing:  
Bike: **4 minutes**

**Class 4:**  
  
15 minutes of cardio:  
Treadmill- **7.5 minutes**   
Bike- **7.5 minutes**   
  
7 minutes of weights:  
Chest dumbbell exercise: 1 minute   
  
Abdominal dumbbell exercise- 1 minute   
  
Back dumbbell exercise- 1 minute   
  
Bicep dumbbell exercise- 1 minute   
  
  
  
Tricep dumbbell exercise- 1 minute   
  
  
Shoulder dumbbell exercise- 1 minute   
  
Legs dumbbell exercise- 1 minute  
  
  
  
  
  
  
  
Legs:  
Leg press 4 reps of 15: **1-2 minutes**:  
  
  
Prone leg curl- 1- 2 minutes   
4 reps of 15:   
  
Arms:  
**Arms:**  
- Lat pull down – 4 reps of 15- about 2-3 minutes  
- Vertical chest- 4 reps of 15- about 2-3 minutes \  
  
8 minutes of stretching:  
do 7 push ups   
do 12 crunches   
do 17 squats